






Eat Smart Be Smart

Introducing ...

MyPyramid for Kids

-  **Grade Level:** First **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Math, Health Enhancement
-  **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will recognize that foods are divided into food groups in the *MyPyramid for Kids*; identify some foods in each pyramid food group; understand the importance of eating from all food groups and being physically active each day

Lesson/Activity

1. Introduce students to the *MyPyramid for Kids* using the poster and coloring work sheet. As a group, read the names of the food groups aloud. Point out that each stripe represents a different food group. Using food pictures, ask students to recognize and name foods from each group.
2. Discuss the importance of eating foods from all five food groups to grow, be strong and stay healthy. Introduce the word "variety," which means multiple, more than one or an assortment. Point out that eating a variety of foods means eating from all five food groups (each color stripe) each day.
3. Ask the students to identify the five colors and the different food groups they represent. Have students color the stripes on the pyramid. (Grains-orange, vegetables-green, fruits-red, milk-blue, and meats and beans-purple.) Point out that the thin line that represents oils isn't a food group, but that we do need some of these foods for good health. The oil should be colored yellow.
4. Encourage them to eat from their colors each day and explain that we need more servings of some food groups and less of others. To reinforce this concept, have the students complete the *Introducing...MyPyramid for Kids* work sheet. This work sheet allows the students to identify foods in each food group, the number of servings for each food group they need each day, and practice counting.
5. Ask the students if they can locate the boy going up the stairs on the pyramid. Ask what they think that means. It is meant to represent physical activity or play and the importance of keeping our bodies physically active each day. Ask the students to name physical activities they do at home or at school (jump rope, tag, soccer, basketball, ride bikes, swim, run) each day. Ask them to draw or write one physical activity they will do today on the *MyPyramid* work sheet.
6. In closing, reinforce the need to eat a variety of foods from the pyramid and to be physically active to stay healthy every day.

Materials Needed

- Crayons and Scissors
- A copy of *MyPyramid for Kids* poster
- Food pictures of grains, vegetables, fruits, milk, meat and beans
- A copy of the *MyPyramid* coloring worksheet and
- A copy of *Introducing MyPyramid* work sheet for each student

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Outcome Goals

- ✎ Students will recognize the *MyPyramid* and be able to identify the food groups.
- ✎ Students will be able to group food in the correct pyramid groups.
- ✎ Students will be able to name one physical activity they can do today.

Extending the Lesson:

- ✎ Have the students collect food pictures or food labels from home to make a meal that has foods from all five food groups and paste on a paper plate.
- ✎ Divide the students into small groups and ask the students to share their meals.
- ✎ Post the sample meals around the classroom.



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Acknowledgments/Adapted From

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and Denise Zimmer, RD